

BC ATHLETICS 2019 TRACK AND FIELD JAMBOREE
U16, U18, U20, SENIOR, PARA & COMBINED EVENTS
FINAL TRACK & COMBINED EVENTS SCHEDULE (July 1, 2019)

FRIDAY JULY 5, 2019

TRACK

5:30 pm	300m Semi Finals	Women U16	21
5:45 pm	300m Semi Finals	Men U16	19
6:10 pm	400m Semi Finals	Women U18	11
6:20 pm	400m Semi Finals	Men U18	24
	400m to Final Sat.	Women U20	7
6:35 pm	400m Semi Finals	Men U20	12
	400m to Final Sat	Women Sr.	3
6:50 pm	400m Semi Finals	Men Sr.	13
7:10 pm	1500m SC	Women U16	8
7:15 pm	1500m SC	Men U16	6
7:25 pm	2000m SC	Women U18	4
7:40 pm	3000m SC	Women U20, Sr.	7
7:55 pm	2000m SC	Men U18	4
8:10 pm	3000m SC	Men U20, Sr.	7
8:25 pm	5000m Final	Women U20, Sr.	1
8:25 pm	5000m Final	Men U20, Sr.	8

SATURDAY JULY 6, 2019

TRACK

9:00 am	100m Dec	Men U18	7
9:05 am	100m Dec	Men U20 & Senior	3
9:20 am	80mH Pent	Women U16	6
9:25 am	80mH Semi Finals	Women U16	15
9:30 am	100mH Hep	Women U18, U20, Sr.	5
9:35 am	100mH Semi Finals	Women U18	9
9:45 am	100mH Hep	Women U20, Sr.	3
9:50 am	100mH Pent	Men U16	5
10:05 am	300m B & A Finals	Women U16	16
10:15 am	300m B & A Finals	Men U16	16
10:30 am	400m WC	Women & Men All	2
10:35 am	400m Final	Women U18	8
10:40 am	400m B & A Finals	Men U18	16
10:50 am	400m Final	Women U20	7
10:55 am	400m Final	Men U20	8
11:00 am	400m Final	Women Sr.	3
11:05 am	400m Final	Men Sr.	8
11:10 am	100m Semi Finals	Women U16	33
11:35 am	100m Semi Finals	Men U16	25
11:55 am	100m Semi Finals	Women U18	20
12:10pm	100m Semi Finals	Men U18	16
	100m To Final	Women U20	5
12:20pm	100m Semi Finals	Men U20	17
	100m To Finals	Women Sr.	4
	100m To Finals	Men Sr.	8
12:35pm	Track Lunch Break		
1:15 pm	1200m Final	Women U16	19

1:25 pm	1200m Final	Men U16	23
1:40 pm	80mH Final	Women U16	8
1:55 pm	100mH Final	Women U18	8
2:00 pm	100mH Final	Men U16	3
2:05 pm	100mH Final	Women U20	6
2:20 pm	110mH Final	Men U18	8
2:25 pm	110mH Final	Men U20	6
2:30 pm	110mH Final	Men Sr.	4
2:55 pm	200m Hep	Women U18, U20, Sr.	8
3:05 pm	800m Pent	Women U16	6
3:10 pm	1000m Pent	Men U16	5
3:25 pm	1500m WC	All Women & Men	1
3:30 pm	1500m Final	Women U18	20
3:45 pm	1500m Final	Men U18	21
3:55 pm	1500m Final	Women U20	18
4:05 pm	1500m Final	Men U20	17
4:10 pm	1500m Final	Women Sr.	21
4:20 pm	1500m Final	Men Sr.	32
4:40 pm	100m WC	Women & Men All	4
4:45 pm	100m B & A Finals	Women U16	16
4:55 pm	100m B & A Finals	Men U16	16
5:05 pm	100m Final	Women U18	8
5:10 pm	100m Final	Men U18	8
5:15 pm	100m Final	Women U20	5
5:20 pm	100m Final	Men U20	8
5:25 pm	100m Final	Women Sr.	4
5:30 pm	100m Final	Men Sr.	8
5:35 pm	400m Dec	Men – U18	7
5:40 pm	400m Dec	Men – U20 & Senior	3

SATURDAY MULTI EVENTS – Approximate Time Schedule

Decathlon (Men U18, U20, Sr.)

9:00 am	100m
11:30 am	Long Jump
1:00 pm	Shot Put
2:00 pm	High Jump
5:35 pm	400m

Heptathlon (Women U18, U20, Sr.)

9:30 am	100m Hurdles
10:30am	High Jump
12:30 pm	Shot Put
2:55 pm	200m

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Pentathlon (Women U16)

9:20 am	80m Hurdles
10:30 am	High Jump
12:15 pm	Long Jump
1:45 pm	Shot Put
3:05 pm	800m

Pentathlon (Men U16)

9:50 am	100m Hurdles
10:30 am	Long Jump
11:45 am	Shot Put
1:00 pm	High Jump
3:10 pm	1000m

2:05 pm	200m Final	Women U20	7
2:05 pm	200m Final	Men U20	8
2:10 pm	200m Final	Women Sr.	4
2:15 pm	200m Final	Men Sr.	8
2:25 pm	800m WC	Women & Men All	1
2:30 pm	800m Final	Women U16	15
2:40 pm	800m Final	Men U16	17
2:50 pm	800m Hep	Women U18, U20, Sr.	8
3:05 pm	1500m Dec	Men U18, U20, Sr.	10
3:10 pm	800m Final	Women U18	15
3:15 pm	800m Final	Men U18	30
3:25 pm	800m Final	Women U20	15
3:30 pm	800m Final	Men U20	18
3:40 pm	800m Final	Women Sr.	10
3:45 pm	800m Final	Men Sr.	20
4:15 pm	4x100m Relay	Women All Ages	2
4:20 pm	4x100m Relay	Men All Ages	8
4:25 pm	4x400m Relay	Women All Ages	6
4:30 pm	4x400m Relay	Men All Ages	8

SUNDAY JULY 7, 2019

TRACK

8:30 am	110mH Dec	Men U18	7
8:35 am	110mH Dec	Men U20, Sr.	3
8:45 am	10,000m RW	Women & Men U20, Sr.	9
8:45 am	5000m RW	Women & Men U18,U20	5
9:40 am	1500m RW	Women & Men U16	8
9:50 am	2000m Final	Women U16	16
10:00 am	2000m Final	Men U16	10
10:15 am	3000m Final	Women U18	7
10:30 am	3000m Final	Men U18	9
10:45 am	200m Sem Finals	Women U16	33
11:00 am	200m Sem Finals	Men U16	28
11:15 am	200m Sem Finals	Women U18	20
11:30 am	200m Sem Finals	Men U18	22
	200m To Finals	Women U20	8
11:40 am	200m Sem Finals	Men U20	22
	200m To Finals	Women Sr.	4
11:55 am	200m Sem Finals	Men Sr.	17
12:05 pm	Lunch Break		
12:35 pm	300mH Final	Women U16	12
12:45 pm	300mH Final	Men U16	7
12:55 pm	400mH Final	Women U18	10
1:05 pm	400mH Final	Women U20	4
1:05 pm	400mH Final	Women Senior	1
1:10 pm	400mH Final	Men U18	13
1:20 pm	400mH Final	Men U20	4
1:20 pm	400mH Final	Men Senior	3
1:30 pm	200m WC	Women & Men All	2
1:40 pm	200m B & A Finals	Women U16	16
1:45 pm	200m B & A Finals	Men U16	16
1:55 pm	200m Final	Women U18	8
2:00 pm	200m Final	Men U18	8

SUNDAY MULTI EVENTS – Approximate Time Schedule

Heptathlon (Women U18, U20, Sr.)

11:00 am	Long Jump
1:30 pm	Javelin
3:00 pm	800m

Decathlon (Men U18, U20, Sr.)

8:30 am	110m Hurdles
10:00 am	Discus
11:15 am	Pole Vault
2:00 pm	Javelin
3:10 pm	1500m